

## ABSTRACT OF THE DISCLOSURE

A chest belt for encircling the back and chest of a trainee at a level above the waist, an arm strap for accommodating the upper arm portion of the trainee's leading arm, a shoulder strap for overlying the shoulder of the leading arm, a thigh strap forming a loop for encircling that thigh of the trainee opposite the leading arm, and connecting straps coupling the thigh straps to the chest strap and extending diagonally across the front and back of the trainee. The construction is such that the trainee's shoulders and hips partake of coordinated movements during the execution of a golf swing.